

Tips for Anyone Who Wants a Healthy Heart

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Aspirin can help prevent heart disease in adults who are at increased risk for heart disease. Risk factors for heart disease include age, sex, diabetes, elevated cholesterol levels, low levels of high-density lipoprotein (HDL) cholesterol, elevated blood pressure, family history (in younger adults), and smoking. You and your doctor should discuss your risk for heart disease and the benefits and risks of taking aspirin to help prevent heart disease.
- Control your weight by limiting fat and calories in your diet.
- Eat a variety of high-fiber foods, vegetables, fruits, dry beans such as red beans, whole grains such as corn and barley, and whole-grain breads and cereals.
- Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).
- Be more active. You will feel better, and exercise helps you stay at a healthy weight.
- Ask your doctor for diet, exercise, and weight-loss tips.